

GLOBE POST

Your very own community newspaper from 1992 - 2024

SEPTEMBER 2024

Tel: (011) 850-1160 | Email: info@southernglobe.co.za | Website: globepost.co.za

SCAN ME



Joburg primary schools celebrate cultural diversity through art and dance



UBUNTU AT WORK: It was colour, dance, poetry and art at this highly successful occasion with learners from Joburg's school districts last week

On 18 September, Mid-Ennerdale Primary hosted a creative Art Exhibition and Heritage Day celebration, focusing on creativity and cultural diversity.

Learners showcased their innovation through arts, dance and poetry, with performances from the Dombo dance, IsiZulu drummers and Khoi-San dancers. The theme "IKE E: IXARRA IIKE,"

meaning "diverse people unite," highlighted the event's spirit of inclusivity. Thami-Stella Mlambo, the facilitator, expressed gratitude for the hard work

of learners and staff, noting the high standard of their dedication. Public speaking also formed part of the event, where learners stressed the importance of reading over social media.

Baby Ntando laid to rest, community and family calls for justice!



On 22 September, the Finetown community and friends of five-year-old Ntando Tlhapi's family came together to bid him farewell. An emotional candle light vigil was held at the family home in Finetown the day before, to honour Ntando's life. It started from the house and

ended nearby where his mutilated body was discovered on 5 September. This incident has raised fears of a possible ritual killing, leaving residents deeply unsettled. One community member said: "This was no ordinary killing. It may be linked to ukuthwala. We are terrified for our children and

demand justice." Gauteng SAPS's Colonel Mavela Masondo, confirmed that a murder case has been opened, with the Occult Related Crimes Unit investigating. Ntando's mother, Lindiwe Tlhapi, shared her heartbreak: "Seeing my child in that condition breaks my heart. They brutally killed and I demand

justice for my boy." She described Ntando as a joyful child who loved food and singing, leaving an irreplaceable void in their lives. No arrests has been made so far and authorities urge anyone with information to contact CRIMESTOP on 0860010111.

PRESIDENT DENTAL AND MEDICAL CENTRE

DENTIST

Dr. Nayan Desai

BDS (WITS) MScDent (WITS)

- Good with children
- Acute dental pain management
- Teeth whitening | Dentures
- Painless root canal treatments
- Smile makeovers
- Removal of teeth under sedation now available on demand



MEDICAL DOCTOR

Dr. Chandni Desai

Family Physician MBChB (Pret) DA (SA)

- Female practitioner
- Good with children
- Good with childhood conditions
- Acute & chronic conditions
- B12 & IVI nutritional therapy
- Appointments & walk-ins welcome
- Procedural sedation

Visit us today: 178 Starling Street, Lenasia South, Ext 1, 1829 | Tel: 011 855 0443

GLOBE POST

YOUR VERY OWN COMMUNITY NEWSPAPER

20 000 COPIES (Verifiable) Monthly
Delivered free to Lenasia South, Lawley
Ennerdale, Migson Manor, Finetown
Hospital Hills, Zakariyya Park
Vlakfontein and Phumlaqashi

ADDRESS
128 Starling Street, Lenasia South, Ext 1

E-MAIL
info@southernnglobe.co.za
southernnglobe0@gmail.com (Editorial)

WEBSITE
www.globepost.co.za

FACEBOOK | **TWITTER**
GLOBE POST | @twist_farm

EDITORIAL DESK
Ottilis Manyoba.....(010) 230-0325
Shirley Govender.....082 772-0989

ADVERTISING SALES
Dawn Adams | Omesha Misra.....(011) 850-1160
Sales WhatsApp.....+27 10 230 0038

ADMINISTRATION & ACCOUNTS
Omesha Misra.....(011) 850 1160

DISTRIBUTOR
Happy Motaba (Queries).....(011) 850 1160

PRINTED BY
Rising Sun Printers.....084 554 5269



GLOBE POST subscribes to the South African Press Code that prescribes news that is truthful, accurate, fair and balanced. If we don't live up to the code, please contact the Press Ombudsman at (011) 484-3912/8 | Fax: (011) 484-3619 Website: www.presscouncil.org.za

GLOBE POST

DISCLAIMER
GLOBE POST disclaims all liability, any loss, damage, injury, or expenses however caused, arising from the use or reliance upon, in truth, accuracy or completeness of the information published by staff reporters or private contributors. All material is copyright and may not be reproduced in any way without the written permission of the publisher.

HANDY EMERGENCY NUMBERS

Fire, Ambulance & JMPD (011) 375-5911 | 10177
Joburg Water.....(011) 375-5555
JW SMS Line.....082 653-2143
JW 24-hr Hotline.....(011) 688-1400
JW e-mail: customerservices@jwater.co.za

Ambulance Services

Netcare.....082-911
Saaberie Chisthy.....084 078-6911
Pulsate.....082 714-2446
ER 24.....084-124

South Africa Police Services

Lenasia South SAPS.....(010) 230-0481
Lenasia SAPS.....(011) 213-8023
Ennerdale SAPS.....(011) 855-1055/6/7/1673
Crime Stop.....0860 010 111

Hospitals

Daxina Private Hospital.....087 087-0642
Lenmed Private Hospital.....087 087-0627
Lenasia South Hospital.....(011) 213-9643
Helen Joseph (JG Strydom).....(011) 489-1011
Chris Hani (Baragwanath).....(011) 933-8000
Rahima Moosa.....(011) 470-9000
Johannesburg General.....(011) 488-4911

Towing & Recovery Services

SJ Towing.....082 955-3545
ToTo's Towing.....082 500-5994

Drug Abuse

BTC Lenasia South.....083 991-5600
Alcoholics Anonymous.....(011) 027-7132
Suicide Helpline.....080 056-7567
Childline.....080 005-5555
Family Life Centre.....(011) 855-2359
Life Line.....(011) 728-1347/1331

Gauteng Social Development and 'Ke Moja' lead Substance Abuse Awareness event in Vlakfontein



Attendees engage as speakers deliver valuable insights at the Skills Development Centre

This month, the Gauteng Province Social Development, alongside local social workers and key stakeholders, recently hosted the powerful 'Ke Moja' event at Vlakfontein Skills Development Centre through local activist, Paseka Ramathebane, also known as DJ Phaka.

This initiative sought to arm the community with essential tools to prevent substance abuse and provide support to individuals and families grappling with addiction.

Key discussions at the event revolved around:

1. Referral for Outpatient Services: Attendees were given clear information on how to access outpatient treatment services, ensuring everyone knows where to turn when in need of help.
 2. Rehabilitation Services Application Process: The public was guided through the step-by-step process of applying for rehabilitation services, breaking down the eligibility requirements and making the pathway to recovery more transparent.
 3. Aftercare and Skills Development Referrals: The importance of aftercare was emphasised, with a focus on the support systems available after rehabilitation. Attendees also learned about referral processes for skills development and job readiness programmes, helping individuals reintegrate into society.
 4. Substance Abuse Awareness and Prevention: Prevention strategies were front and centre, empowering families and communities, especially the youth, to guard against addiction. A major highlight of the event was the discussion around Sections 32 and 33 of the South African Constitution. These sections ensure the right to access information and fair administrative action, crucial in securing substance abuse services and ensuring just treatment during the rehabilitation process.
- Through the 'Ke Moja' event, Gauteng Province Social Development, in collaboration with its partners, reaffirmed its commitment to fighting substance abuse and raising awareness



Community vigilance urged amid rising number of hijacked and stolen vehicles dumped in Lenasia South

Residents of the Lenasia South policing precinct are being urged to stay vigilant following a sharp rise in the number of hijacked and stolen vehicles being abandoned in the area.

Ashlin Naidoo, director of Rapid Response Security, reports that multiple stolen and hijacked vehicles were recovered in August and September, with hotspots identified in the Meriteng informal settlement, Vlakfontein mountain and Phumlaqashi.

In a single week, reports indicate recovered 10 vehicles, including two Toyota Hilux bakkies, a Chery Tiggo, a Hyundai H100, a Chevrolet Aveo, a Polo sedan, two Polo hatchbacks, a Mazda and two Mercedes A-Class vehicles, all within the Lenasia South policing precinct. The most notable success was the recovery of a Toyota Hilux, along with a suspect vehicle, and the arrest of one suspect. **GLOBE POST** calls on the newly formed CPF executive to address this issue with the South African Police Service (SAPS), urging for a more aggressive community and SAPS plan to tackle this growing problem. This newsroom also suggests that a series of community meetings be organized to foster partnerships and explore solutions. Without such action, the Community Policing Forum (CPF) risks becoming ineffective, merely meeting without tackling core issues. Residents are encouraged to remain vigilant and report any suspicious activity immediately, as collective community action is crucial in preventing more vehicles from being targeted in Lenasia South. To report suspicious activity, please call 08600 10111, 010 230-0481, station commander, Col Xaba on 082 990 5282 or CPF head, Billy Rapolai, on 073 771 4208.



I am writing to bring to your attention the deplorable condition of the tennis courts in Lenasia South.

Over the past few years, these courts have deteriorated to an almost unplayable state, making it difficult for residents to enjoy the sport and engage in healthy physical activity. Despite numerous appeals to our local councilor, our concerns have been consistently ignored. We have highlighted the safety hazards posed by the cracked

surfaces and broken nets, yet no action has been taken to address these issues. The community's repeated pleas for maintenance and repair have fallen on deaf ears. The tennis courts are a vital recreational facility for our community, providing a space for both young and old to stay active and foster a sense of community spirit. It is disheartening to see such a valuable resource neglected. I urge you to publish this letter to raise awareness about the state of the tennis courts and to prompt the relevant authorities to take immediate action. Our community deserves better and it is high time that our voices are heard and our concerns addressed. Thank you for your attention to this matter. Sincerely, Ganga Deva das



RE-NEW YOUR LOUNGE SUITE



Have your Springs Sprung?
Is your Frame broken?
Is your Foam depressed?
We can Repair to regain original comfort.
We also fully recover lounge suites.
Dining chairs and office chairs.
Large range of samples available.
Custom made headboards
Agents for Scotchguard

Call now for a free quotation

Khans Upholsterers: 082 350 5971



📞 Siphesihle Sithole: 083 964 8284
📞 Gugulethu Sithole: 062 153 1969
✉ jobemobileservices@gmail.com
Based in Protea Glen ext 2 and Lenasia South ext 1

- Single items**
- 3 Burner gas stove = R250
 - 100L Stainless steel pot = R100
 - 85L Stainless steel pot = R85
 - 70L Stainless steel pot = R70
 - 1.8m Folding trestle table = R55
 - 16L Silver rectangular chaffing dish = R80
 - 9L Gold round roll top chaffing dish = R120
 - Serving utensils (Gold) = R10
 - Spoon rests/holders = R10
 - 8L Beverage dispenser (Gold) = R100
 - 200ml Chaffing dish fuel = R30

- Package 1**
- 1*3 Burner gas stove
 - 2*100L Stainless steel pots
 - 2*85L Stainless steel pots
 - 4* Silver rectangular chaffing dishes
 - R900 per day**
- Package 4**
- 1*3 Burner gas stove
 - 2*100L Stainless steel pots
 - 2*85L stainless steel pots
 - 4* Gold round roll top chaffing dishes
 - 4* Gold/Black serving utensils
 - R1100 per day**

NB: MOBILE TOILETS AND FREEZERS COMING SOON!!!!!!



Mpho Matsuele over vegetables to a beneficiary in Ennerdale

HOPE: Masisizaneni Foundation uplifts Ennerdale

Registered as an NPO and established with a mission to support the most vulnerable members of the community, this organisation has become a beacon of hope for many. Founded by Mpho Matsuele with the vision of giving back to the community, the Foundation based in Ext 8 specifically focuses on the elderly, orphans and disabled individuals—those often overlooked and most in need. Every Tuesday, the foundation distributes fresh vegetables to these groups, ensuring that they receive nutritious food to sustain them through the week. This initiative is part of a broader effort to combat hunger and provide food security in Ennerdale and its surrounding areas. Masisizaneni Foundation, which has

been active since February this year, does not just stop at food distribution. The organisation is committed to the long-term well-being of the community. Plans are underway to cultivate their own land, which will not only supply fresh produce but also serve as a site for a future home dedicated to housing the community's most vulnerable members. Matsuele told **GLOBE POST**: "Our mission goes beyond just feeding the hungry. We are working towards a sustainable future where the elderly, orphans and disabled individuals are supported, cared for and given the opportunity to live dignified lives." In addition to its food security initiatives, the Foundation also aims to promote community growth, provide medical relief and even support fine arts.

This organisation is a lifeline for those in need, offering everything from clothing to health services. Masisizaneni Foundation operates with the belief that a strong community is built through collective effort and care for one another. By addressing the immediate needs of food and clothing while also planning for the future, this Foundation is not just alleviating poverty in the short term but is also working towards a brighter, more self-sufficient future for Ennerdale. **For more information or to support the Masisizaneni Foundation, contact: Email: Masisizanenifoundation88@gmail.com Facebook: Masisizaneni Foundation, Call or WhatsApp: 072 1938 121/073 333 8283.**

Local portraiture artist, Shaheen Pillay, sets sights on Comic Con 2025



Lenasia South's Shaheen Pillay with one of his submissions to Comic Con 2024

In the vibrant community of Lenasia South, a self-taught digital portraiture artist, Shaheen Pillay, is gaining attention with his distinctive style that blends realism and animation. At 37, Pillay's creative journey has evolved from a childhood love of drawing to a full-fledged passion for art. "I've been drawing since I was a kid. My dad, Saleem, always encouraged me to pursue it," Pillay shares, reflecting on his earliest memories of sketching. Over the years, he transformed his casual doodles into serious art through dedication and practice, all without any formal training. "I'm completely self-taught. I downloaded free resources, studied hard, and put in the work," he told **GLOBE POST**. Pillay specialises in stylized portraits, finding a balance between realism and the fluidity of animation. His focus has been on refining his craft and developing a unique style, which he hopes will catch the attention of art enthusiasts at the highly anticipated Comic Con 2025.

Although this year's competition, hosted by local anime merchandise company Craft Singh, may not have seen Pillay selected, he remains undeterred. His goal is to exhibit his work at next year's Comic Con. Beyond his passion for portraiture, Pillay also takes commissions and offers graphic design services, drawing on his background as a web developer and server technician. While his primary medium is digital, he occasionally returns to traditional forms, using pencil and paper to create intricate hand-drawn pieces. "I work from home, balancing art and fatherhood and there's nothing that excites me more than drawing," Pillay enthuses. His mission is not only to improve his own skills but also to support fellow artists on their creative journeys. **To explore Pillay's work or commission a piece, visit his website at www.shanosart.co.za, or follow him on Instagram and Threads @shanos.art, and on Facebook at Shano's Art.**



HINDU CO-ORDINATING COUNCIL

FOUNDED 1992

PRESENTS

The HCC Diwali Festival 2024

19th October 2024

From 2:00pm Onwards at Lenasia Stadium

GPS Co-ordinates: - 26 315460S, 27 83 25 13E

GRAND FIREWORKS DISPLAY BY

Santech

OVER 50 STALLS

ALL AFTERNOON ENTERTAINMENT



JYM Sound & Lighting



Events by Chetee



SALAAM NAMASTE



92.2 FM



SAABERE CHIRITY AMBULANCE



PROTOCOL K9



VB Business Solutions
Design | Print | Copy | Signage | IT

Design by VB Business Solutions & Electronic Marketing by *Salaam Namaste*



KTE HARDWARE

PAINT - PLUMBING - TOOLS - LIGHTING - FASTENERS

INDUSTRIAL & ELECTRICAL SUPPLIES...

PLUGS & SWITCHES



CONDUIT PIPES & ACCESSORIES



PLUMBING PIPES, FITTINGS & ACCESSORIES



CABLES & ACCESSORIES



EXTENSION CORDS & MULTI PLUGS



TOOLS & FASTENERS



PAINTS & ACCESSORIES



VARIOUS GLOBES & LIGHT FITTINGS



SHOP NO 1, 3059 COSMOS STREET (JUST OFF WIMBLEDON)
LENASIA SOUTH, JOHANNESBURG
TEL: 081 444 8256
OPEN 7 DAYS A WEEK!

This ministry continues to touch lives, one meal at a time...



South Springs Christian Fellowship has long been committed to making a meaningful and lasting impact within the community, with a special focus on children.

The church emphasizes the importance of establishing a moral and Godly foundation, while also serving as a blessing to others. A key element of its mission is ensuring food security, recognizing it as a fundamental human right. Since the 2020 lockdown, the church has identified a significant need for food

in Lenasia South and surrounding areas. Their efforts have involved distributing over 1 000 meals daily to areas like Hospital Hills, Finetown and Migson Manor. In 2023, they launched a weekly feeding ministry at Daxina Christian Centre, serving more than 600 hot meals each week. This initiative is made possible by the dedication of the church family and generous sponsors.

For more information or to contribute, contact Cheryl Nair at 084 525 6012 or Gonam Kisten at 078 304 2185.

HHH & K Working committee



THANK YOU to our SPONSORS

The Women of Lenasia South and Greater Lenasia would like to thank the following people and/or businesses on behalf of the HHH&K Association for their monetary, in-kind, or material contributions that helped to make the "Women's High Tea Event" at "The Venue" in Lenasia South on August 24th a memorable and fun occasion.

We're excited to create an even better event for next year and are already beginning to do so. Until then, warm wishes.

* Insert by Soraya Ambaram Organizer

- * Sanjay (Chairman of HHH&K Association) & Ilse Bhagwan
- * Koogan & Tim owners of "The Venue"
- * Seshini Reddy of Seshini Reddy Attorneys - Lenasia South
- * Ian Athiah - Starling Pharmacy
- * Lameez Hendricks Kassam - Body In Motion SA Boxing and Fitness - L/S
- * Morgi Moonsamy - Art of Living - L/S
- * Madam Zukie - Daxina Primary School
- * Zak of All Trades NTN Centre
- * Shaheed - Daxina Supermarket - NTN Centre
- * Feeroz from Akhalwayas - NTN Centre
- * Shirley Govender - Globe Post
- * Shanny & Vinay Singh from YJ's Laundry Solutions
- * Waseem & Faranah Govender from Waseem Curtains Lenasia
- * Anesh & Narisha - Nirvana Star's
- * Shireen Ebrahim - Heels International
- * Mayoon Mia - Windscreen specialist L/S
- * Anjani from Nu Line Driving School
- * Faez & Sabihah Cassim
- * Rajen & Reshma Naidoo

- * Jaysree Pather
- * Cherie Carls
- * Veenay Mungal
- * Ravi & Natasha Pather
- * Sellwane Sibiya
- * Vernon Afrika
- * Patricia Saasa
- * Aneshia Sohan
- * Michael & Tara Kundon
- * Sheena Reddy
- * Cheryl Chetty
- * Asheru & Soraya Ambaram
- * Gonnies & Vasanthie Pillay
- * Sudesh & Farron Asman

SA Hindus celebrates Utsav of Devotion



From left: Seelan Thatiah, Fakir Hassen, Prince Ishwar Ramlutchman Mabheka Zulu, Lucy Sigaban, Rekha Sookdaw, Harry Sookdaw, Roshini Ranchod, Guara Sookmungal, Cortes Bagethi and Lucky Sanda

SA Hindus hosted the Utsav of Devotion, an event focused on spiritual growth, community service and cultural preservation.

Held at the SVDS Vishnu Temple Hall in Lenasia, last month, the gathering brought together spiritual leaders and community members. Aarti Panday, an aeronautical engineer and aspiring priest, opened the event with a heartfelt prayer.

A highlight was the handover of 11 Vishnu Lakshmi Murthis to the PSVDS Vishnu Mandir in Laudium, continuing SA Hindus' commitment to cultural preservation. Nalini Maharaj and Gaura presented these sacred statues to Sunita Singh and the Mandir members. SA Hindus also launched the 1 Million Hanuman Chalisa initiative, in partnership with Shereno Printers. Niran Singh, the company's owner, was honoured for supporting this project, which aims to distribute 1million copies of the Hanuman Chalisa by 2029.

The event concluded with a musical performance by Virosh Harideo and winners of the 6th Annual Wear Red Campaign were announced, each receiving vouchers worth R1 000.

For more information, contact SA Hindus on 067 638 2008.

WALK, RUN, EARN GET PAID TO STAY FIT AND LIVE A HEALTHY

CONGRATULATIONS!



KOMALAN MOODLEY BUSINESS BUILDER



1. Need Walkers and Runners
2. Monthly Rewards Minimum R3 700
3. Includes perks available at the Marketplace

Requirements- Smart phone or any phone that can download the 3 apps

1. Stepchain app
 2. Google fit app
 3. Health connect app
- A smart watch to link to your phone information without carrying your phone on you for safety, if you don't have a smart watch, you can use your phone to walk or run with to record your steps.
 - You must be able to walk a minimum of 10 000 steps daily including walking at work or at home for 28 days/23 days/18 days to earn some money.

If you are interested, please WhatsApp Komalan Moodley on 081 490 1592 or call 071 189 4446. Call Wendy on 072 881 8108. Email: komalant5@gmail.com, mkomalanthungavelloo@gmail.com **Take care, stay safe and God bless you and your family.**

FOR OUR FULL RANGE PLEASE VISIT OUR WEBSITE OR GIVE US A CALL!

DOOR KING

MULTI-LOCKING SECURITY & GARAGE DOORS

WHOLESALE AND RETAIL



MULTI-LOCKING STEEL SECURITY DOORS FROM R2990

- STEEL FRAME AND DOOR LEAF FOR SUPERIOR STRENGTH
- ROBUST MULTI-LOCKING SYSTEM
- FRAME, HANDLE AND LOCK SET INCLUDED
- WIDE RANGE OF DIFFERENT SIZES AND DESIGNS AVAILABLE



GARAGE DOORS WITH A DIFFERENCE FROM R10 500 INCLUDING INSTALLATION

- DOUBLE SHEETED STEEL WITH HIGH DENSITY POLYURETHANE FOAM INSULATION
- MOTOR, 2 REMOTES INCLUDING A COMPLETE HARDWARE KIT
- DURABLE, LOW MAINTENANCE AND ELEGANT

CONTACT US

Tel: 011 857 1000 | Cell: 073 080 0601 | Website: www.doorkingonline.net
Head Office: Main Lawley Road R558, Anchorville, Lenasia

Join the 15th Annual PSA Walk for Freedom - Stand United Against Racism and Apartheid!



The Palestine Solidarity Alliance (PSA) Walk will take place on Sunday, 6 October, starting at Rose Park, Lenasia at 8am. PSA is a South African grassroots organisation dedicated to promoting justice and equality for the Palestinian people. "This significant event offers South Africans a chance to come together and deliver a united message against racism and apartheid, both within our borders and in occupied Palestine. It's a platform for the community, including schools, to inspire our future leaders with the values of Freedom, Justice and Equality. Now, more than ever, we need to unite in the fight to isolate apartheid Israel. Only through the combined efforts of all freedom - loving people can we overcome the settler-colonial apartheid regime of Israel," said PSA. **Bookings:** [https://lqktDmBNLT/PSA's social media platforms](https://lqktDmBNLT/PSA's%20social%20media%20platforms)



Love & Hope Rising Outreach members celebrating with prisoners, bringing hope, healing and the unwavering love of Christ

An incredible Heritage Day was celebrated at Krugersdorp Men's Prison with smiles, worship and gratitude. The Prison Outreach Ministry brought joy to brothers behind bars as the Love & Hope Rising Outreach team service was indescribable. Ministry head, Ps Jayshree Nariansamy, told **GLOBE POST**: "What I saw on Tuesday, 24 September, brought joy into my heart, seeing our brothers behind bars smiling and bowing

their heads to worship God was fulfilling. The inmates prayed with us and then for all of us who sacrificed time, family, money and transport to bring them the love of Christ on this special day. We also won and saved many souls. We thank the Lord for this blessed harvest! A huge thank you to all our family, friends and partners for your prayers. You share in the blessings and the harvest of souls won today. We will keep pressing on in Jesus' mighty name."

Ps Jayshree honours Heritage Day by spreading healing & hope at Krugersdorp prison

LSBC hosts two empowering events this month

The Lenasia South Boxing Club, along with its dedicated coaching team - led by the dynamic husband - and - wife duo, Nazeem and Lameez Kassam and assistant coaches Sherwin Poonam and Admire Khumalo - continues to gain recognition for its exceptional work in the community. On 14 September, the club hosted a grading event for amateur boxers from the Gauteng region. The grading process was overseen by both club and regional coaches, showcasing a collaborative effort to evaluate and support the development of these athletes.

In addition to the grading event, the club also ran an academy training program on the same day. This programme, designed for graded amateur boxers, focused on fitness, technique and advancing boxing strategies. The goal was to enhance the skill levels of participants through a holistic approach, fostering growth and excellence in the sport. On 7 September, Lameez Kassam, founder of Body In Motion SA, hosted a free female fitness session at the Lenasia South Civic Centre in celebration of Women's Month. The session was open to women of all ages and backgrounds, making fitness

accessible to everyone. Ladies who attended the event enjoyed an energizing and refreshing workout, followed by complimentary snacks - a perfect combination that left participants feeling rejuvenated and motivated. This event truly highlighted the importance of women's wellness and empowerment during Women's Month. Both events showcased the commitment of Nazeem and Lameez Kassam to improving community wellness and athletic development in Lenasia South. **For info, call Lameez on 079 602 5279 or Nazeem on 082 760 9110.**



From left: Soraya Amberam, Naema Shaik and daughter Sameehah Limalia with Lameez Kassam

Dr Milan Hari
M-TECH CHIRO. (SA) MCASA
PR. NO. 0171379

CHIROPRACTOR

GRASTON®
TECHNIQUE
Certified

Specializing In:

- Back And Neck Pain
- Tensions Headaches
- Posture Correction
- Pain Following Back Surgery
- Infantile Colic
- Headaches
- Migraines
- Extremity Pain
- Sports Injuries
- Whiplash
- General Aches And Pain
- Arthritis

And Many Other Neuro, Muscular & Skeletal Conditions

55 Rose Avenue, Ext2 Lenasia
Tel: 011 854 9660 Cell: 083 317 87 82 E-mail: dr_mhari@mewb.co.za
Consulting hours: Mon - Fri 9am - 6pm Sat 8.30am - 2pm

VISIT OUR WEBSITE: www.drmlanhari.co.za

Now Introducing DTS Spinal Decompression Traction

For the following conditions:
Disc Herniations Lumbar / Cervical, Spondylosis, Spondyloisthesis, Headaches, Pinch Nerves, Facet Syndrome, Lower back and Neck pain

A Naidoo
OPTOMETRIST
B. OPTOM (UDW) CAS
Major Medical-Aids Accepted

Pensioner Packages Available
Visit Us Today For More Specials

SPECIAL SPRING OFFER

3 in 1 Clip-On Frames "Back in-stock"

NEW ARRIVAL

Any 2 Boxes of Cosmetic Coloured Contact Lenses On Special (Assorted colours)

Valid while stocks last. T's & C's Apply.

Tel: 011 855 8411 | athie_naidoo@hotmail.com
Duxmed Health Care Centre,
6597 Sheffield Str, Lenasia South

Trading Hours: Mon-Fri 11am - 6pm | Sat 9:30am - 1:30pm

CENTRE FOR DIABETES
Dr H.K.Vallabh MBChB (Natal)
30 Town Rd, Ennerdale
Tel: (011) 855-1600
Suite C4, Lenmed Clinic
Tel: (011) 854-9998

Dr K Sukha
Dental Surgeon
BDS (Wits) MSc Dent (Wits)

Tel: (011) 211 4110 * (011) 211 6846
Email: dr.ksukha@gmail.com
42 Allie Crescent, ext 9, Ennerdale

Ennerdale Pharmacy
Responsible Pharmacist
Kamlan Tim Naicker Bpharm (Wits)
Emergency no: 073 810 6215

Business Hours

Monday - Friday	09:30am - 7:00pm
Lunch Time	1:00pm - 2:00pm
Saturday	09:30am - 2:00pm
Sunday & Public Holidays	10:00am - 1:00pm

46 Allie Crescent, ext 9, Ennerdale
Tel: 011 855 0779 * Fax: 0867 319 870
Email: ennerdalepharmacy@gmail.com

Est-2009

Santech Fireworks

CELEBRATING 15 YEARS

2367 Starling Street
Lenasia South

Signet Terrace
Lenasia

S.IND.C.O Temple
Cnr Volta & K43
Ext 10, Lenasia

All outlets opening
11 October 2024

For Trade Enquires
Contact:
082-954-2020
064-526-8899

GLOBE POST SERVICES

SHEFFIELD AUTO PAINTS & HARDWARE

Combo Deal R290
Home Seald Contractors PVA 20lt
Khalahari Contractors PVA 20lt
Rubber It Acrylic Waterproofing Paint 20lt
Air Craft Spray Nozzle 1.4mm
Tork Craft 115m x 1m Steel Cutting Disk R10
Home Seald 5lt Waterproofing

Colour Matching done in-store. Many more in-store specials while stocks last. T&C's apply. Price subject to change without notice

3544 Sheffield CNR, Andes, Extension 4, Lenasia South
Call: 065 886 5966

M-TV SEEING IS BELIEVING

MULTI CHOICE OPENVIEW HD StarSat

Regan: 011 023 6769 * 082 933 6769
Shop No.3 Signet Terrace

Unlock the Power of **BRANDING** with **Xenor Branding Solutions**

Indoor & Outdoor Banners | Banner Walls | Gazebos | Table Cloths | Parasols | Corporate Flags & More

Call: 011 850 1160
 Email: info@xenorbrandingsolutions.co.za

THE MATH COACH

PRIVATE MATH TUTORING
 TUTORING SINCE 1986
 FIRST YEAR UNIVERSITY
 MATHEMATICS AND STATISTICS
 GRADE 7 - 12
 NBT PREPARATIONS
 MATRIC REVISION

CONTACT: IDRIS JOOMA
 011 854 2356 | 083 273 3723
 69 ANEMONE AVENUE LENASIA

AJOODHA'S

SCRAP METAL / SCRAP YARD (PTY) LTD
SPECIALISING IN USED MOTOR SPARES & BUYERS IN SCRAP METAL

Tel: 011 854-1034/5/6 | 011 852-1929
12 Jacaranda Ave, Ext 6, Lenasia, 1827

2025 SCHOOL ADMISSIONS

NOW OPEN FOR REGISTRATION



REGISTRATIONS FORMS AVAILABLE AT ALL OUR SCHOOLS IN
ORANGE FARM | DRIEZIEK | VLAKFONTEIN

OUR SCHOOLS ARE HIGHLY DISCIPLINED
 CLEAN AND SAFE SCHOOL
 LOVING AND CARING TEACHERS
 FUN LEARNING ENVIRONMENT
 QUALIFIED TEACHERS
 TEACHING GOOD MORALS
 EXCELLENT RESULTS ALWAYS

ENROL YOUR CHILD NOW



ENROLMENT FORMS ONLY AT BELOW LISTED SCHOOLS - NO ONLINE REGISTRATIONS

SOLWAZI PRIMARY SCHOOL GRADE R - 7 9065: Drieziek Ext 5 Orange Farm Tel: 010 825 4613 Cell: 071 095 1169 GDE Reg. JS 700 400 461	ISIBONISO PRIMARY SCHOOL GRADE R - 7 10462: Ext 6A Stretford Orange Farm Tel: 010 825 4613 Cell: 071 739 8679 GDE Reg. JS 700 400 940	SIYAPHAMBILI SECONDARY SCHOOL GRADE 8 - 12 Plot No 1: Golden Highway Orange Farm Ext 2 Tel: 010 825 4613 Cell: 079 438 5208 GDE Reg. 331 992	NEW GENERATION COMBINED SCHOOL GRADER - 9 Plot No 1: Unville Vlakfontein Tel: 010 825 4613 Cell: 069 287 4916 GDE Reg. 400 011	ISIKHUMBUZO SECONDARY SCHOOL GRADE 8 - 12 Plot No 1: Golden Highway Orange Farm Ext 2 Tel: 010 825 4613 Cell: 065 673 8031 GDE Reg. 331 968
---	--	---	---	--

E-mail: info@mgs-group.co.za

English Home is also offered

ALL REQUIRED DOCUMENTS UPON REGISTRATION
 COPY OF IMMUNISATION RECORDS | COPY OF BIRTH CERTIFICATE | PROGRESS REPORT FROM PREVIOUS SCHOOL
 TRANSFER LETTER FROM PREVIOUS SCHOOL | ID/PASSPORT COPIES FOR PARENTS OR LEGAL GUARDIANS

ENSURE PLUMBING cc

We do not experiment - we are Experienced

Blocked Drains unblocked by MACHINE. BATHROOM RENOVATIONS. 24 HOUR SERVICE.

- ★ Blocked Drains
- ★ BURST Pipes
- ★ WATER NOT HEATING
- ★ BURST GEYSERS
- ★ GEYSER OVERFLOWS
- ★ All Plumbing Work UNDERTAKEN

Contact: Mohamed
Cell: 083 551 3488
Tel: 011 854 9779
All Areas

MEMBER OF: INSTITUTE OF PLUMBING

SEWING MACHINE REPAIRS

Same Day Repairs

- INDUSTRIAL
- DOMESTIC
- OVER LOCKING SEWING MACHINES

For more info contact:
011 855 5761 | 083 458 3223

DMT TRAINING AND AGENCY

Job Agency and Skill Training Operation

General Jobs and Training Opening Skill Special Only on Wednesdays @ 9AM

R550
1 Week Training
 Jobs Assist in Companies
 We take CV's

Head Office: Vereeniging Opposite Absa Bank and we also Pick up from Orange Farm
Call: 072 954 7604 / 073 653 8522

"EDUCATION IS THE PASSPORT TO THE FUTURE, FOR TOMORROW BELONGS TO THOSE WHO PREPARE FOR IT TODAY"



Dr HK Vallabh
Ennerdale Centre for Diabetes

Fasting and Diabetes, a balanced approach

that may aid in healing and rejuvenation. For people with diabetes, fasting can have significant benefits. Lower insulin levels reduce blood sugar, leading to better glucose control. Blood pressure often decreases and conditions like heart failure may improve, reducing symptoms like leg swelling. Weight loss during fasting is mainly from fat stores, while maintaining physical activity helps preserve muscle mass.

How to start fasting safely:

Gradual transition: Begin by cutting out snacks. Then, gradually delay breakfast by an hour each week, until you're eating your first meal at 1pm.

Eating window: Eat from 1pm to 6 or 7pm. No junk food or snacks during this period.

Fasting window: Fast for 18 hours, drinking only unsweetened tea, coffee or water with a pinch of salt. Avoid sugary drinks and juices.

Adjust medication: If you have diabetes, fasting requires careful monitoring of your blood glucose levels. Speak to your doctor or clinic nurse to adjust your medications and avoid dangerously low blood sugar (hypoglycemia).

Fasting, especially extended versions like one meal a day, can offer more health benefits but requires more discipline and monitoring. Always approach fasting with care and under professional supervision, particularly if you're managing diabetes.

Fasting has been part of human life for thousands of years, often practiced for religious, cultural or health reasons.

Sometimes, we fast because of illness, like when we have the flu or gastro, giving our bodies a break from digesting food. But what really happens inside our body during fasting? When we stop eating, the body adapts by drawing its energy from within. Without new food coming in, blood sugar levels drop, prompting the liver to release stored glucose (glycogen). Once glycogen is depleted, the body shifts to burning stored fats, producing ketones to use as fuel. This process is triggered by glucagon from the pancreas, while insulin levels remain low, since insulin is only secreted when we consume carbs. Fasting also brings mental clarity, thanks to the brain's adaptation to ketones for energy. On a cellular level, fasting can promote the recycling of old or damaged tissues, a process



By Ps Radha Moodley
Faith Bible College

I know we are always told to judge for ourselves. We even get upset and angry when someone judges and criticizes us. Judging is good but are we judging so that we may help the person or to criticize and condemn? I know it sounds a little harsh but it's the truth. Jesus didn't tell us not to judge, but if we do judge, our motive must be to help and pray for that person. He went a step further and said that to avoid the same treatment, before we open our mouths to pick on people, jump on their failures, criticize their faults, we must first check on ourselves to see if we are not doing or have the same flaws. If we want to be treated with respect, we must first give respect. Jesus said: "Whatever you want men to do to you, do also to them" (Matthew 7:1-5, 12). You might have a family member who is trapped in sin and it seems like that's what he prefers doing when he has a choice. It is not an opportunity for us to judge and condemn but to help. I know it might be frustrating, especially if you tried long enough to help and not seeing any results. Ask the Holy Spirit to help you through your patience to give you direction as to how to help him.

DON'T JUDGE FOR YOURSELF

You might want to make use of a certain Institution. Do it without a sense of superiority but with love and prayer (Galatians 6:1-6). Jesus helped the woman caught in adultery. The Mosaic Law stated that both man and woman must be judged but religious leaders only judged the woman. So, Jesus asked if whoever was without sin, that leader must cast the first stone at the woman. Amazingly, one by one they all walked away because all were guilty of sin. Then, Jesus forgave her and encouraged her to live her life free from sin. She did. She became His follower and the first person to witness the resurrected Christ (John 8:1-11). When we give people opportunities, we will see God's best proceed from them. So often, people are judged because of what they eat. Yes, because of what they eat! Dietary restrictions do get imposed for various reasons. But what does it make us if we hide and eat what is restricted because we enjoy eating it but don't want to be judged? A hypocrite? Christ has received and accepted us not on account of what we eat but our faith in Him. The Bible says that food does not commend or qualify us to God. Faith qualifies us. The earth and everything on it belong to the Lord. Therefore, God tells us that when we eat, we must give thanks and He will sanctify it to our bodies. One day, when we are before Him, He is not going to ask us what we had for lunch or dinner. Judging a Believer on account of food can make us a stumbling block to their faith. God wants us to thank Him with all genuineness for what we enjoy eating (1 Timothy 4:4-5; Romans 14:1-17).

SANURAMA PHARMACY 
D Rama (B.Pharm) (MPS) (UDW) (MBA) (TVU) (UK)
We are CONTRACTED to ALL Leading Medical Aids: Discovery, Gems, Bonitas, Bankmed
Shop B002, Lenasia Square - Tel: (011) 854-2368 | Cell : 083 564 2368
WhatsApp: 072 118 8207 | YOUR PARTNER IN GOOD HEALTH

CALCIUM, need everywhere:

- Healthy bones, Healthy teeth (Bone Structure Calcium)
- Cell repair, Menstruation, Muscle function, Healthy gums (Tissue Calcium)
- Mood stability, Sleep cycle, Pain sensitivity, Correct blood clotting (Blood Calcium)

CALCIUM is notoriously difficult to absorb. CALCIUM/MAGNESIUM must be correctly balanced for the body to use them well. Correct pH range needed for absorption.

INSTANT MelloMagC is carefully formulated for a high adsorption rate

SupaVite Zinc For Immune Health Support 200ml Syrup **50⁰⁰**

A.Vogel Molkosan Original 200ml Syrup **150⁰⁰**

A.Vogel Multiforce Alkaline Powder 150g **99⁰⁰**

Epimax Cream For all types of skin 400g **79⁰⁰**

Aqua Aqueous Cream 500ml **25⁰⁰**

GO PAIN Syrup 100ml **19⁹⁹**

GO PAIN Paracetamol 20's Tablets **9⁹⁹**

Chest-eeze Bronchodilator & Expectorant

100ml Syrup **49⁰⁰**

200ml Syrup **59⁰⁰**

Septogard Natural Antibiotic 60's Tablets **99⁰⁰**

Septogard Natural Antibiotic 100ml Syrup **99⁰⁰**

Super Savers | Valid From 26 September Until 12 October 2024

Restaurant & Take-Away Vegetarian Menu

Available Daily

Curries (Served with Rice/Roti/1/4 Bunny & salad)

- Sugar Beans Curry R60
- Broad Beans Curry R60
- Tomato Chutney R50
- Soya Prawn Chutney R60
- Paneer Chutney R60
- Dhall (250ml-R25); (350ml-R35)
- Rasso (350ml-R30); (500ml-R50)
- Roti (30cm) R15 each

Veg/Soya Gatsby

- Small R110
- Med R200
- Large R250

Daily Specials

- Monday: Veg Breyani n Dhall R60
- Tuesday: Yellow Potatoe n Dhall R60 (Rice/Roti)
- Wednesday: Soya Prawn/Paneer Chutney R60 (Rice/Roti)
- Kitchari (350ml-R35); (500ml-R50)
- Thursday: Mixed Veg Curry R60 (Rice/Roti)
- Friday: Veg Breyani n Dhall R60

Savouries

- Potatoe (6) R30 (12) R60
- Cheese n Corn (6) R35 (12) R70
- Puri-Patha R8 each
- Chips (S) R20; (M) R40; (L) R50**
- Toasties; Rolls; Burgers**
- Cheese n Tomatoe R25
- Chips n Cheese R35
- Veg. Polony, Cheese, Chips R60
- Roll: Veg Hot Dog R35
- Add Chips R40 & Add Cheese R50
- Roll: Veg Polony, Chips & Cheese R50
- Burger: Veg Burger R50
- Add Cheese R56
- With Chips R60
- Soji(250ml) R40 with Almonds R45 Add Cream R55 (Available Daily)**

997 Sheffield Street Lenasia South Ext1
Call or WhatsApp **060 863 6571**
WE DELIVER! ENQUIRE WITH US.

Est-2009

Santech Fireworks

CELEBRATING 15 YEARS

2367 Starling Street Lenasia South

Signet Terrace Lenasia

S.IND.C.O Temple Cnr Volta & K43 Ext 10, Lenasia

All outlets opening **11 October 2024**

For Trade Enquires Contact:

082-954-2020
064-526-8899

DEEPIKA FIREWORKS KING

SPORTS

FOR ALL YOUR FREE SPORT NOTICES Email: info@southernglobe.co.za

Mobi Dent

Auto Body (Pty) Ltd
PANEL BEATERS & SPRAY PAINTERS
 WE ALSO REPAIR
 • Minor Dents • Scratches
 • Bumpers and more...
 Shop No. 5 Lenasia Station Mall, Lenasia Drive
 010 230 0256, 078 037 9282 **Next to Tile Africa**




Pari wins a bronze at international Archery tournament

BULLS EYE: This young archer made a powerful mark at the Namibian tournament, proudly flying the South African flag high

Lenasia South's Pari Patel, proudly represented South Africa at the prestigious International Archery Tournament held in Namibia last month bringing home a bronze.
 This remarkable young archer discovered her passion for the sport at just 6-years-old and has since displayed unwavering dedication and exceptional skill. Despite the setbacks caused by the COVID-19 pandemic - with the 2020 world tournament cancelled and no events in 2021 and 2022 - Pari never lost focus on her training. Her hard work paid off at the Namibian tournament, where she impressively secured 3rd place in the Bulls Eye (BE) category, earning herself a bronze

medal. "The family extends their heartfelt thanks to everyone who supported Pari. We truly appreciate it and are so proud of her - she performed exceptionally well," said her dad and coach, Jitesh Patel. Team South Africa also performed admirably, taking home several honours: 2nd place in the Animal Round, winning a silver medal, 3rd place in the Bulls Eye, claiming a bronze medal overall, Team SA ranked 2nd, securing a silver medal. Pari's journey continues to inspire, as she stands tall as a beacon of perseverance and excellence in the archery world. **GLOBE POST is proud of Pari' achievements and wishes her all the best in the future!**



Sensei Mabati Makwela with Banele Radebe grabbed a silver

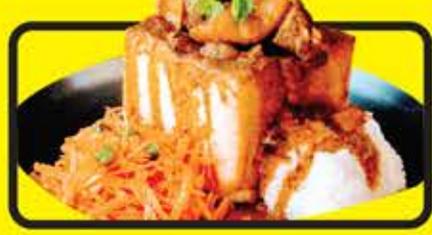
The Lenasia South IKKF Karate Club proudly represented their community at a national tournament organised by the IKO Matsushima organisation, held between 31 August and 1 September in Umlazi, Section D, KwaZulu-Natal.
 The club was represented by seven male senior students and one female senior student, who all showcased their skills and dedication on a national stage. Among the competitors, Banele Radebe,

Lenasia South IKKF Karate Club shines at national tournament in KZN

the only female senior student from the club, stood out by reaching the finals on 1 September. Competing in the under 55kg women's division, Radebe secured an impressive second place, demonstrating exceptional talent and determination. The tournament was graced by distinguished guests, including the Minister of Sports and Culture and his team from the National Department, as well as Honorable Member of Parliament Gayton McKenzie. Their presence added a special significance to the event and highlighted the importance of supporting grassroots sports development. Sensei Mabati Makwela, the head of the Lenasia South IKKF Karate Club, expressed his pride in the performance of his students, noting that for many of them, this was their first experience competing at a national level. "I was impressed by the improvements shown by my students. Most of them were participating in a national tournament for the first time and they demonstrated remarkable growth and dedication," said Sensei Makwela.

Talha Tandoori Flame

2860 Starling Street Lenasia South
 TAKEAWAY & RESTAURANT
 Indian, Pakistani, Durban & Chinese Food
 071 431 9795
 076 155 3730



MONDAY SPECIAL

QUARTER MUTTON BUNNY WITH SALAD **R75**



MONDAY & TUESDAY SPECIAL

BUY ONE BURGER & GET ONE FREE **R80**



VEG COMBO 3 CURRIES WITH 3 NAAN **R150**



WEDNESDAY SPECIAL

FULL CHICKEN TIKKA 4 NAAN, CHIPS & SALAD **R160**

BUTTER CHICKEN & 1 NAAN **R75**



DAILY SPECIAL



PAP, CHICKEN & GRAVY **R30**

PAP & WORS **R30**

PAP & CHUCK **R45**

TOASTED CHEESE SPECIAL OR HOTDOG **R30**

THURSDAY SPECIAL

CHICKEN CHOWMEIN **R75**



FRIDAY SPECIAL

CHICKEN BREYANI **R45**

WE DELIVER 

FULL CHICKEN, 4 NAAN, SALAD & CHIPS
R180 (+ 2L COKE) R200

CHICKEN TIKKA NECKS (x5) **R30**

KOTA CHIPS, CHEESE & POLONY **R30**

QUARTER CHICKEN TIKKA (LEG PIECE) CHIPS, SALAD & NAAN **R50**

